

ANGER WORKSHEET

Denise Chrisman

The objective of this activity is to help recognize when we are becoming angry.

Recognizing when you are angry is the first step in controlling your anger. There are things that happen to our bodies when we are getting angry that we need to recognize. If you can identify the signs, you can learn to stop yourself before you lose control

Do you?

___ Clench your teeth

___ Get hot

___ Sweat

___ Get a stomachache

___ Feel the hair on the back of your neck stand up

___ Get quiet

___ Turn red

___ Raise your voice

___ Get a headache

What happens to you when you are getting angry?

Recognize you are angry – STOP – Take a breather – get back in control.

When you identify these signs, it is time to STOP before you react. Now is the time to think. Think about what is going on. Think about how you can STAY IN CONTROL. Whatever problem has got you angry, will not get solved while you are angry. The key here is to calm down.

Deep breathe

Say your abc's

Daydream

Talk to a friend

Cry

Count

Sing

Walk

Laugh

Do something physical

Do whatever you need to do to stay in control

List ways you are able to calm yourself down.

~Remember, it's always a better choice to walk away than to swing.

~After you are calm, you can address the issues that have you angry.

~This may be time to use your problem solving skills, your conflict resolution skills, or time to understand that it may be something you cannot change.